

SWMI Quarterly Newsletter

Ombudsman

March/2017

[Edition 1, Volume 1]

Ombudsman

A Liason

Ombudsmen are volunteers appointed by the commanding officer to serve as an information link between the command leadership and command families. Their priority role is to disseminate information around the community.

confidentiality is key, Ombudsmen reports directly to the OIC and transparency is a much emphasized policy in this command.

There are 6 situations which require immediate

American Red Cross Month!

- Sends communications (Red Cross messages) on behalf of family members, who are facing emergencies to members of the U.S. armed forces all over the world. 24/7 & 365 days a year.
- They brief deploying service members and their families about support services and assistance during deployment.
- Red Cross works in partnership with Navy-Marine Corps Relief Society. Providing emergency financial assistance to those eligible when traveling and not near a military installation.
- Counseling, guidance, information, referrals and other social services available.
<http://www.redcross.org/where/where.html>.

Ombudsmen, also are advocates for the command and command families and are trained to provide information and make referrals. Although

disclosure and action.

1. All **suspected** child abuse and neglect.
2. **Alleged** domestic abuse.

Command

...

CDR Steven Parks
Surface Warfare Medical Institute
Officer in Charge
email: steven.j.parks.mil@mail.mil
phone: 619.532.7826

LCDR Robert Wishmeyer
Surface Warfare Medical Institute
Assistance Officer in Charge
email: robert.j.wishmeyer.mil@mail.mil
phone: 619.532.5949

HMCN (SW/FMF) Andy Burnett
Surface Warfare Medical Institute
Senior Enlisted Advisor
email: andy.b.burnett.mil@mail.mil
phone: 619.532.5544

3. **Suspected** and or potential homicides, violence, or life endangering situations.
4. All **suspected** and or potential suicidal risks.
5. **ALL alleged** sexual assaults.
6. Other issues identified by the commander or commanding officer as a reportable.

FFSC Workshops of Interest

Private one-on-one consultations are available to Sailors and/or spouses. You'll learn more about deployment, relocation, EFMP and resume/interview assistance. For a one-on-one consultation call [866-923-6478](tel:866-923-6478) to schedule an appointment.

FFSC Webinars

To attend the webinar version of this workshop please email livewellresilientweb@navy.mil at least one day prior.

Love Long Distance: Long distance communication workshop Mar 23, 3-4 pm

Job Fair

Mar 29, 10 am-2 pm, Scottish Rite Center, 1895 Camino Del Rio South, SD, CA 92108

A great opportunity for transitioning Sailors, retirees, and spouses to network with over 70 employers looking for your skills! Bring copies of your resume and come dressed to impress.

2017 FAMILY "FUN"ANCIAL FESTIVAL

Mar. 4, 11:00 AM-2:00 PM
Murphy Canyon Youth Center,
4867 Santo Road, San Diego
92124

Bring your documents along that you have not shredded and join us for some food, games, fun, and take the Military Saves Pledge. Kids who take the pledge can receive a free piggy bank (while supplies last.) For more info, call 866-923-6478 or find us on Facebook at www.facebook.com/FFSCSD.

TEEN JOB FAIR

Mar. 25, 10 am-12 pm
Murphy Canyon Youth Center,
4867 Santo Road, San Diego, CA
92124
Explore Teen Employment

Opportunities.

Local and national vendors!

Volunteer Opportunities

College and Scholarship

Information

Including:

Parent Orientation

State Labor Law and Job Permits

Resume Writing and Critique

For more information, call [858-431-6382](tel:858-431-6382).

Effective Parenting Workshop

4-Day Course: Mar 7, 14, 21 & 28, 9 am-4 pm, FFSC NBC, Bldg 318

This multi-session workshop discusses topics affecting today's family, including: consistent and effective discipline, understanding developmental stages, communication with children or young adults, building child self-esteem, and dealing with bullies.

Navigating Child Care Options in San Diego

Finding reliable and affordable childcare can be an adventurous task for parents. This workshop explores the many childcare options available to military families in San Diego.

Mar 14, 10-11 am, FFSC GVB

MWR Community Recreation Events

Remember all events are open to all ID holders (including yourself and your guests) unless otherwise stated.

Legoland Trip

Saturday, March 11 ? \$80 adults/FREE kids (3-9 yrs.)
Enjoy a fun day at LEGOLAND Park! Transportation and FREE kid's tickets provided; adults must purchase their own tickets.
Maximum 3 FREE 1-day kid's tickets per family. Cost includes adult 3-day park hopper!
Pick up locations: 9 am Silver Strand Youth Center/9:30 am

Admiral Baker Picnic Area. Depart LEGOLAND at 5 pm.

Registration required! Call 619-556-9597 (NBSD), 619-437-3190 (NAB), 619-553-9138 (NBPL)

Sunday Group Dance Classes

Sundays \$5 Admiral Robinson Recreation Center, Bldg. 3223
Join us every Sunday and get your groove on for only \$5 per class. Beginner level classes at 5 pm. Intermediate level classes at 6 pm. Line Dance classes at 7 pm.

Saban's Power Rangers Visit Naval Base San Diego

MWR and Navy Exchange have partnered with Lionsgate to bring three Power Ranges from the upcoming film SABAN'S POWER RANGERS (PG13) to the Navy Exchange on dry side of Naval Base San Diego on Saturday, 4 MAR from 1100-1200 for a meet and greet and photos. Visit will include Dacre Montgomery- Red Ranger, Naomi Scott- Pink Ranger, and Ludi Lin-Black Ranger. The link to the new movie trailer is <https://www.youtube.com/watch?v=5kle6UZHSXw>

Location/Address:

Navy Exchange
2260 Callagan Highway, Bldg. 3187A San Diego, CA 92136-8036
Fans of all ages welcome to come out and meet the Saban's Power Rangers!

Resource in the Spotlight

SAY San Diego partnerships and services address the comprehensive needs of the entire individual or family rather than focusing on one symptom or problem. SAY engages the community to work collaboratively and works with systems such as law enforcement, schools, and local government to create positive change. SAY San Diego's holistic approach enriches youth,

empowers individuals and families,
and engages communities.

Core Services:

- Alcohol, tobacco, and substance abuse prevention.
- Before and after school programs, preschools, and school readiness.
- Child abuse prevention and family support.
- Collaborative partnerships for military families, refugee/immigrant families, students, parents, and more.
- Family strengthening and self-sufficiency.
- Foster care and kinship parenting support.
- Juvenile delinquency prevention and diversion.
- Mental health counseling, case management, adult services, and youth development.
- Access to health care, employment, and self-sufficiency.
<https://www.saysandiego.org/>

Other resources:

211 or (858) 300-1211

NMCSD Emergency Room
(619) 532-8274

Fleet & Family Counseling
Services (619) 556-8809

Navy Marine Corps Relief
Society (619) 767-6800

American Red Cross
(858)309-1200

Military One Source
www.militaryonesource.mil

Ombudsman information

Main Yie Quan Vega
Ombudsman
SWMI

ombudsmanswmi@gmail.com
850-417-4663